



Getting The Most Out Of Using Your iMRS System (From our colleagues in the UK *with our comments in italics*)

Low level PEMF therapy works with your body, not against it, and is perfectly suited for long term use. Therefore, establishing a routine of regular daily sessions with the iMRS system is important. For many people, two daily body mat sessions can be incredibly effective and as a general rule we suggest using the iMRS first thing in the morning and again last thing at night, prior to sleep. Remember, PEMF therapy works best if your tissues are hydrated so make sure to drink two glasses of water 15-30 minutes before each session. It is also best to leave approximately 4-6 hours between each body mat session. *Please remember that these are suggested settings and you may feel free to experiment with different settings based on your age, state of health etc. If you have any questions or concerns about settings please give us a call. This is not an exact science - we are all wired differently.*

iMRS Body Mat Suggested Settings

When you first begin using the iMRS system it is best to start with an intensity setting of 10-25. Following this, please use the information and settings below as a guide to help you get the most out of using low frequency and intensity PEMF therapy.

Recommended Daily iMRS Body Mat Sessions:

Morning Session: 'Morning' frequency, 10 - 50 intensity/8 minutes

Night Session: 'Night' frequency, 10 intensity OR Sensitive /8-12 minutes

Additional Optional iMRS Body Mat Sessions:

Middle of the day: 'Noon' frequency 50 intensity/8-12 minutes

Early evening: 'Evening' frequency, 25 intensity/8-12 minutes

Using the iMRS Pillow Applicator

The iMRS pillow applicator is perfectly suited for addressing localized areas of pain and dysfunction and is most effective when used following a body mat session. The following settings can be helpful as a guide to using the pillow applicator appropriately:

Head and Neck:

Acute (new) condition: 25-50 intensity. 16-24 minutes.

Chronic (older) condition: 10-25 intensity. 8 minutes.

Upper/Lower Back and Upper Extremities:

Acute (new) condition: 50-100 intensity. 16-24 minutes.

Chronic (older) condition: 25-50 intensity. 8 minutes.

Lower Extremities:

Acute (new) condition: 100-400 intensity. 16-24 minutes.

Chronic (older) condition: 50-100 intensity. 8 minutes.

Using the iMRS Probe Applicator

The probe applicator is ideally suited to localized sites of pain or injury. It is especially useful for application to the peripheral joints of the upper and lower extremities. The following settings can act as a guide to help you use this applicator appropriately:

Head and Neck

Acute (new) condition: 25-50 intensity. 16-24 minutes.

Chronic (older) condition: 10-25 intensity. 8 minutes.

Upper and Lower Back

Acute (new) condition: 50-100 intensity. 16-24 minutes.

Chronic (older) condition: 25-50 intensity. 8 minutes.

Upper extremity peripheral joints and local sites of injury

Acute (new) condition: 50-100 intensity. 16-24 minutes.

Chronic (older) condition: 25-50 intensity. 8 minutes.

Lower extremity peripheral joints and local sites of injury

Acute (new) condition: 100-400 intensity. 16-24 minutes.

Chronic (older) condition: 50-100 intensity. 8 minutes.

With the correct guidance the iMRS system is extremely simple to use, and can become integrated into your life with ease.